

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims

1-11. (Cancelled).

12.(New) A method for cooking at least one of a raw meat and a raw marine product, comprising:
providing a starch, a protein, an oil component, an organic acid, and a melanoidin;
forming a paste from at least the starch, the protein, the oil component, an organic acid, and
the melanoidin including:

combining the starch, the protein, the organic acid and the melanoidin into a
mixture;

gelating the mixture including heating the mixture;

combining the oil component to the mixture; and

stirring the combination of the oil component and the mixture;

applying the paste to the entire exterior of the at least one of the raw meat and the raw
marine product; and

microwave cooking the at least one of the raw meat and the raw marine product with the
paste thereon,

wherein the at least one of the meat and marine product has a grilled browned appearance
after the microwave cooking.

13.(New) The method for cooking at least one of a raw meat and a raw marine product according
to claim 12, wherein the providing the organic acid includes providing the organic acid selected
from the group consisting of acetic acid, citric acid, succinic acid, malinic acid, lactic acid, butyric
acid and tartaric acid.

14.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 12, wherein the providing the oil component includes providing at least one of edible fat and oil.

15.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 12, wherein the providing the oil component includes providing a first oil component and a second oil component.

16.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 12, wherein the providing the oil component includes providing a liquid oil component and a solid oil component at room temperature.

17. (New) The method according to claim 12, wherein the providing the oil component includes providing an amount of the oil component substantially equal to at least 50% by mass of the paste.

18.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 12, wherein the providing further includes providing a sugar, and the combining further includes combining the sugar.

19.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 18, further comprising cooling the at least one of the raw meat and the raw marine product with the paste thereon before the microwave cooking.

20.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 18, further comprising freezing the at least one of the raw meat and the raw marine product with the paste thereon before microwave cooking.

21.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 19, further comprising freezing the at least one of the raw meat and the raw marine product with the paste thereon after the cooling and before the microwave cooking.

22. (New) The method for cooking at least one of a raw meat and a raw marine product according to claim 21, wherein the microwave cooking further includes microwave cooking the at least one of the frozen raw meat and the frozen raw marine product with the paste thereon.

23.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 18, further comprising enwrapping the at least one of the raw meat and the raw marine product with the paste thereon in a sheet before microwave cooking.

24.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 23, further comprising expelling the air from the bag after enwrapping and before microwave cooking.

25.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 23, further comprising cooling the at least one of the raw meat and the raw marine product with the paste thereon before the microwave cooking.

26. (New) The method for cooking at least one of a raw meat and a raw marine product according to claim 23, further comprising freezing the at least one of the raw meat and the raw marine product with the paste thereon before the microwave cooking.

27.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 25, further comprising freezing the at least one of the raw meat and the raw marine product with the paste thereon after the cooling and before the microwave cooking.

28. (New) The method for cooking at least one of a raw meat and a raw marine product according to claim 26, wherein the microwave cooking further includes microwave cooking the at least one of the frozen raw meat and the frozen raw marine product with the paste thereon.

29.(New) The method for cooking at least one of a raw meat and a raw marine product according to claim 12, wherein the providing further includes providing water, the forming a paste further includes forming a paste from the water, and the combining further includes combining the water into the mixture.